



Eating right, simplified.

## 2,800 Calorie Plan (Basic 2) 5meals/day

### DAY 1

#### Breakfast

7:00 AM

whole eggs, scrambled	2 large	182 cal
extra virgin olive oil	1 Tbsp	120 cal
spinach, no salt, boiled	1 Cup(s)	41 cal
black tea brewed	2 Cup(s)	5 cal
garlic	1 clove	4 cal
whole grain tortillas	2 tortilla	340 cal
oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 761 cal / **Carbs** 83 g (41%) / **Protein** 31 g (16%) / **Fat** 38 g (43%) / **Fluid** 29

NOTES:

#### Snack

10:00 AM

drinking water	2 Cup(s)	0 cal
fbbc mexicali dip	1 serving	275 cal
blue corn tortilla chips, no salt	1 oz	142 cal

MEAL TOTAL: **Calories** 417 cal / **Carbs** 40 g (38%) / **Protein** 35 g (33%) / **Fat** 14 g (29%) / **Fluid** 24

NOTES:

#### Lunch

12:00 PM

romaine lettuce	1 Cup(s)	8 cal
tomatoes	1/2 cup	13 cal
drinking water	2 Cup(s)	0 cal
avocados	1/2 avocado	161 cal
tempeh	3 oz	162 cal
extra virgin olive oil	1 Tbsp	120 cal
basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 664 cal / **Carbs** 68 g (38%) / **Protein** 23 g (13%) / **Fat** 38 g (49%) / **Fluid** 24

NOTES:

#### Snack

3:00 PM

edamame soybeans, shelled	1 Cup(s)	120 cal
iced tea, green	2 Cup(s)	0 cal
cheese swiss	1 1/2 oz	162 cal
brown rice crackers, no salt	6 crackers	90 cal

MEAL TOTAL: **Calories** 372 cal / **Carbs** 27 g (29%) / **Protein** 24 g (26%) / **Fat** 18 g (45%) / **Fluid** 17

NOTES:



**Dinner**  
6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish, cooked	3 oz	89 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
buckwheat groats, cooked	1 Cup(s)	155 cal
black eyed peas	1 Cup(s)	90 cal
sweet potato, no salt, baked	1 Cup(s)	180 cal

**MEAL TOTAL: Calories** 662 cal / **Carbs** 97 g (56%) / **Protein** 37 g (22%) / **Fat** 16 g (22%) / **Fluid** 30

**NOTES:**

**DAY 1 TOTAL: Calories** 2,876 cal / **Carbs** 314 g (42%) / **Protein** 150 g (20%) / **Fat** 125 g (38%) / **Fluid** 124

**DAY 2**

<b>Breakfast</b> 7:00 AM	black tea brewed	2 Cup(s)	5 cal
	plain greek yogurt, nonfat	7 oz	117 cal
	blueberries	1 Cup(s)	83 cal
	sunflower flax bread	2 slice	270 cal
	chunky peanut butter, no salt	1 1/2 Tbsp	141 cal

MEAL TOTAL: **Calories** 616 cal / **Carbs** 78 g (49%) / **Protein** 37 g (23%) / **Fat** 20 g (28%) / **Fluid** 26

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	grapes	6 oz	97 cal
	almonds	1 oz	162 cal
	pears	1 large	119 cal

MEAL TOTAL: **Calories** 378 cal / **Carbs** 62 g (59%) / **Protein** 8 g (8%) / **Fat** 15 g (33%) / **Fluid** 27

**NOTES:**

<b>Lunch</b> 12:00 PM	extra virgin olive oil	2 Tbsp	240 cal
	romaine lettuce	2 Cup(s)	16 cal
	drinking water	2 Cup(s)	0 cal
	tomatoes	1 7/8 cup	50 cal
	sweet potato, no salt, baked	1 1/2 Cup(s)	270 cal
	atlantic herring, cooked	3 oz	173 cal

MEAL TOTAL: **Calories** 749 cal / **Carbs** 76 g (39%) / **Protein** 29 g (15%) / **Fat** 39 g (46%) / **Fluid** 37

**NOTES:**

<b>Snack</b> 3:00 PM	egg, hard boiled	2 large	155 cal
	drinking water	2 Cup(s)	0 cal
	pears	2 large	238 cal

MEAL TOTAL: **Calories** 393 cal / **Carbs** 65 g (62%) / **Protein** 14 g (14%) / **Fat** 11 g (24%) / **Fluid** 30

**NOTES:**

<b>Dinner</b> 6:00 PM	iced tea, green	2 Cup(s)	0 cal
	indian eggplant curry	1 1/2 serving	455 cal
	basmati rice, cooked	1 Cup(s)	200 cal

MEAL TOTAL: **Calories** 655 cal / **Carbs** 100 g (57%) / **Protein** 15 g (9%) / **Fat** 26 g (34%) / **Fluid** 40

**NOTES:**



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**DAY 2 TOTAL: Calories** 2,792 cal / **Carbs** 380 g (52%) / **Protein** 104 g (14%) / **Fat** 112 g (34%) / **Fluid** 161

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**DAY 3**

<b>Breakfast</b> 7:00 AM	drinking water	2 Cup(s)	0 cal
	blueberries	1 1/2 Cup(s)	124 cal
	plain greek yogurt, nonfat	7 oz	117 cal
	sunflower flax bread	1 slice	135 cal
	chunky peanut butter, no salt	2 Tbsp	188 cal

MEAL TOTAL: **Calories** 565 cal / **Carbs** 67 g (45%) / **Protein** 35 g (23%) / **Fat** 21 g (32%) / **Fluid** 28

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	walnuts	1 oz	183 cal
	oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 39 g (44%) / **Protein** 7 g (8%) / **Fat** 19 g (48%) / **Fluid** 24

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 1/2 Tbsp	180 cal
	edamame soybeans, shelled	1 3/4 Cup(s)	210 cal
	tomatoes	1 cup	27 cal
	lemon juice	2 Tbsp	7 cal
	chicken breast, boneless skinless	6 oz	184 cal
	buckwheat groats, cooked	1 Cup(s)	155 cal

MEAL TOTAL: **Calories** 778 cal / **Carbs** 59 g (29%) / **Protein** 60 g (30%) / **Fat** 37 g (41%) / **Fluid** 33

NOTES:

<b>Snack</b> 3:00 PM	drinking water	2 Cup(s)	0 cal
	red peppers	1 medium	37 cal
	cheese swiss	1 1/2 oz	162 cal
	brown rice crackers, no salt	8 crackers	120 cal

MEAL TOTAL: **Calories** 318 cal / **Carbs** 31 g (40%) / **Protein** 16 g (20%) / **Fat** 14 g (40%) / **Fluid** 20

NOTES:



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**Dinner**  
6:00 PM

drinking water	2 Cup(s)	0 cal
indian eggplant curry	2 serving	607 cal
basmati rice, cooked	1 Cup(s)	200 cal

**MEAL TOTAL: Calories** 807 cal / **Carbs** 118 g (55%) / **Protein** 19 g (9%) / **Fat** 35 g (36%) / **Fluid** 48

**NOTES:**

**DAY 3 TOTAL: Calories** 2,788 cal / **Carbs** 314 g (43%) / **Protein** 136 g (19%) / **Fat** 125 g (38%) / **Fluid** 154

**DAY 4**

<b>Breakfast</b> 7:00 AM	blueberries	1 1/2 Cup(s)	124 cal
	drinking water	2 Cup(s)	0 cal
	breakfast stuffed peppers	2 serving	379 cal
	sunflower flax bread	2 slice	270 cal

MEAL TOTAL: **Calories** 773 cal / **Carbs** 93 g (46%) / **Protein** 35 g (17%) / **Fat** 33 g (37%) / **Fluid** 30

**NOTES:**

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	pears	1 large	119 cal
	walnuts	1 oz	183 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 36 g (43%) / **Protein** 5 g (6%) / **Fat** 19 g (51%) / **Fluid** 22

**NOTES:**

<b>Lunch</b> 12:00 PM	romaine lettuce	1 Cup(s)	8 cal
	iced tea, green	2 Cup(s)	0 cal
	extra virgin olive oil	1 Tbsp	120 cal
	whole grain tortillas	2 tortilla	340 cal
	tuna fish, very low-sodium, in water	6 oz	168 cal
	tomatoes	1 cup	27 cal
	oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 731 cal / **Carbs** 79 g (41%) / **Protein** 53 g (28%) / **Fat** 27 g (31%) / **Fluid** 26

**NOTES:**

<b>Snack</b> 3:00 PM	drinking water	2 Cup(s)	0 cal
	provolone cheese	1 1/2 oz	149 cal
	brown rice crackers, no salt	8 crackers	120 cal
	edamame soybeans, shelled	1/2 Cup(s)	60 cal

MEAL TOTAL: **Calories** 329 cal / **Carbs** 27 g (33%) / **Protein** 19 g (23%) / **Fat** 16 g (44%) / **Fluid** 17

**NOTES:**



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## Dinner

6:00 PM

salmon, cooked	4 oz	174 cal
black tea brewed	2 Cup(s)	5 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal
beets	1 Cup(s)	58 cal
black eyed peas	1 Cup(s)	90 cal
basmati rice, cooked	1 Cup(s)	200 cal
extra virgin olive oil	1 Tbsp	120 cal

**MEAL TOTAL: Calories** 675 cal / **Carbs** 84 g (49%) / **Protein** 42 g (24%) / **Fat** 21 g (27%) / **Fluid** 25

### NOTES:

**DAY 4 TOTAL: Calories** 2,810 cal / **Carbs** 319 g (44%) / **Protein** 154 g (21%) / **Fat** 115 g (35%) / **Fluid** 120

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## DAY 5

<b>Breakfast</b> 7:00 AM	drinking water	2 Cup(s)	0 cal
	breakfast stuffed peppers	2 serving	379 cal
	sunflower flax bread	1 1/4 slice	169 cal
	nectarines	1 fruit	60 cal

MEAL TOTAL: **Calories** 607 cal / **Carbs** 60 g (38%) / **Protein** 31 g (20%) / **Fat** 30 g (42%) / **Fluid** 28

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	pears	2 large	238 cal
	walnuts	1 oz	183 cal

MEAL TOTAL: **Calories** 421 cal / **Carbs** 68 g (58%) / **Protein** 6 g (5%) / **Fat** 19 g (37%) / **Fluid** 28

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	tomatoes	1 cup	27 cal
	romaine lettuce	1 Cup(s)	8 cal
	chicken breast, boneless skinless	8 oz	245 cal
	whole grain tortillas	2 tortilla	340 cal
	red peppers	1 medium	37 cal
	oranges	1 fruit	69 cal

MEAL TOTAL: **Calories** 725 cal / **Carbs** 86 g (46%) / **Protein** 62 g (33%) / **Fat** 18 g (21%) / **Fluid** 36

NOTES:

<b>Snack</b> 3:00 PM	drinking water	2 Cup(s)	0 cal
	plain greek yogurt, nonfat	6 oz	100 cal
	walnuts	1 oz	183 cal
	blueberries	1 Cup(s)	83 cal

MEAL TOTAL: **Calories** 366 cal / **Carbs** 31 g (32%) / **Protein** 23 g (23%) / **Fat** 19 g (45%) / **Fluid** 25

NOTES:



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## Dinner

6:00 PM

shrimp, cooked	3 oz	101 cal
edamame soybeans, shelled	1 Cup(s)	120 cal
extra virgin olive oil	2 Tbsp	240 cal
iced tea, green	2 Cup(s)	0 cal
basmati rice, cooked	1 Cup(s)	200 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

**MEAL TOTAL: Calories** 689 cal / **Carbs** 61 g (35%) / **Protein** 35 g (20%) / **Fat** 35 g (45%) / **Fluid** 20

### NOTES:

**DAY 5 TOTAL: Calories** 2,809 cal / **Carbs** 306 g (42%) / **Protein** 157 g (21%) / **Fat** 121 g (37%) / **Fluid** 137

**DAY 6**

<b>Breakfast</b> 7:00 AM	drinking water	2 Cup(s)	0 cal
	blueberries	1 Cup(s)	83 cal
	plain greek yogurt, nonfat	6 oz	100 cal
	seeds chia dried	1 oz	138 cal
	sunflower flax bread	2 slice	270 cal
	chunky peanut butter, no salt	1 Tbsp	94 cal

MEAL TOTAL: **Calories** 685 cal / **Carbs** 86 g (48%) / **Protein** 37 g (21%) / **Fat** 25 g (31%) / **Fluid** 25

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	walnuts	1 oz	183 cal
	pears	1 large	119 cal

MEAL TOTAL: **Calories** 302 cal / **Carbs** 36 g (43%) / **Protein** 5 g (6%) / **Fat** 19 g (51%) / **Fluid** 22

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	tomatoes	1 cup	27 cal
	romaine lettuce	2 Cup(s)	16 cal
	extra virgin olive oil	1 Tbsp	120 cal
	chicken breast, boneless skinless	3 oz	92 cal
	buckwheat groats, cooked	1 Cup(s)	155 cal
	black eyed peas	1 Cup(s)	90 cal
	sweet potato, no salt, baked	1 Cup(s)	180 cal

MEAL TOTAL: **Calories** 679 cal / **Carbs** 101 g (57%) / **Protein** 35 g (20%) / **Fat** 18 g (23%) / **Fluid** 35

NOTES:

<b>Snack</b> 3:00 PM	iced tea, green	2 Cup(s)	0 cal
	pears	1 large	119 cal
	cheese swiss	1 oz	108 cal
	brown rice crackers, no salt	10 crackers	150 cal

MEAL TOTAL: **Calories** 377 cal / **Carbs** 61 g (62%) / **Protein** 12 g (13%) / **Fat** 11 g (25%) / **Fluid** 22

NOTES:



Eating right, simplified.

**Dinner**  
6:00 PM

drinking water	2 Cup(s)	0 cal
extra virgin olive oil	1 Tbsp	120 cal
cod fish, cooked	6 oz	179 cal
roasted beet and chickpea salad	2 serving	417 cal
brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

**MEAL TOTAL: Calories** 744 cal / **Carbs** 157 g (53%) / **Protein** 55 g (18%) / **Fat** 38 g (29%) / **Fluid** 31

**NOTES:**

**DAY 6 TOTAL: Calories** 2,787 cal / **Carbs** 440 g (53%) / **Protein** 144 g (17%) / **Fat** 110 g (30%) / **Fluid** 136

**DAY 7**

<b>Breakfast</b> 7:00 AM	egg, hard boiled	2 large	155 cal
	drinking water	2 Cup(s)	0 cal
	plain greek yogurt, nonfat	8 oz	134 cal
	nectarines	2 fruit	120 cal
	seeds chia dried	1 oz	138 cal
	sunflower flax bread	1 slice	135 cal

MEAL TOTAL: **Calories** 681 cal / **Carbs** 71 g (40%) / **Protein** 48 g (28%) / **Fat** 25 g (32%) / **Fluid** 33

NOTES:

<b>Snack</b> 10:00 AM	drinking water	2 Cup(s)	0 cal
	tomatoes	1 cup	27 cal
	provolone cheese	1 1/2 oz	149 cal
	brown rice crackers, no salt	8 crackers	120 cal

MEAL TOTAL: **Calories** 296 cal / **Carbs** 29 g (39%) / **Protein** 15 g (20%) / **Fat** 14 g (41%) / **Fluid** 21

NOTES:

<b>Lunch</b> 12:00 PM	drinking water	2 Cup(s)	0 cal
	extra virgin olive oil	2 Tbsp	240 cal
	tempeh	4 oz	216 cal
	sweet potato, no salt, baked	1 1/2 Cup(s)	270 cal
	brussels sprouts, no salt, boiled	1 Cup(s)	28 cal

MEAL TOTAL: **Calories** 754 cal / **Carbs** 78 g (39%) / **Protein** 29 g (14%) / **Fat** 41 g (47%) / **Fluid** 28

NOTES:

<b>Snack</b> 3:00 PM	walnuts	1 oz	183 cal
	iced tea, green	2 Cup(s)	0 cal
	oranges	2 fruit	137 cal

MEAL TOTAL: **Calories** 320 cal / **Carbs** 39 g (44%) / **Protein** 7 g (8%) / **Fat** 19 g (48%) / **Fluid** 24

NOTES:



Eating right, simplified.

## Dinner

6:00 PM

drinking water	2 Cup(s)	0 cal
chicken breast, boneless skinless	6 oz	184 cal
roasted beet and chickpea salad	2 serving	417 cal
buckwheat groats, cooked	1 Cup(s)	155 cal
mushrooms	1 cup	15 cal

**MEAL TOTAL:** **Calories** 771 cal / **Carbs** 188 g (61%) / **Protein** 56 g (18%) / **Fat** 28 g (21%) / **Fluid** 35

### NOTES:

**DAY 7 TOTAL:** **Calories** 2,822 cal / **Carbs** 405 g (48%) / **Protein** 155 g (18%) / **Fat** 126 g (34%) / **Fluid** 142



1 Servings

## fbbc mexicali dip

### Ingredients

ground beef, lean  
4 oz

cumin ground  
1/2 tsp

oregano, dried  
1/4 tsp

garlic powder  
1/4 tsp

salt  
1/4 tsp

black pepper  
1/8 tsp

cayenne pepper  
1/8 tsp

black beans, no salt, boiled  
1/4 Cup(s)

salsa, ready to serve  
1/2 Cup(s)

plain greek yogurt, nonfat  
1 oz

### Nutrition Totals

**Calories 275 / Carbs 21 g / Protein 33 g / Fat 7 g / Fluid 8 fl oz**

### Instructions

**Instructions:**

Brown ground beef in a pan and drain.

Combine cumin, oregano, garlic, salt, pepper, and cayenne in small bowl and add to pan with ground beef. Mix to combine.

Transfer 4 ounces of the meat into a large bowl. Store the remaining meat in an airtight container and refrigerate for later use.

Next add the black beans and salsa to the meat and stir to combine.

Stir in the Greek yogurt and add optional toppings. Serve.

Optional toppings: shredded cheese, chopped jalapenos, minced red or white onion, chopped cilantro, smoked paprika



# Nutrition Label

<b>Fbbc Mexicali Dip</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>275</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6.6g	<b>10%</b>
Saturated Fat 3.4g	<b>17%</b>
Trans Fat 0.3g	
<b>Cholesterol</b> 90.2mg	<b>30%</b>
<b>Sodium</b> 834.5mg	<b>35%</b>
<b>Total Carbohydrates</b> 21.3g	<b>7%</b>
Dietary Fiber 6.3g	<b>26%</b>
Total Sugar 6g	
<b>Protein</b> 33.3g	
<b>Vitamin D</b> 3.3IU	<b>1%</b>
<b>Calcium</b> 101.1mg	<b>10%</b>
<b>Iron</b> 4.3mg	<b>24%</b>
<b>Potassium</b> 969.3mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



2 Servings

# indian eggplant curry

## Ingredients

eggplant  
1 eggplant

onions  
2 medium

garlic  
2 clove

ginger root  
2 Tbsp

cumin ground  
1 tsp

curry powder  
2 tsp

tomatoes  
1 medium

plain yogurt, whole milk  
1/2 Cup(s)

jalapeno peppers  
1 pepper

kosher salt  
1/8 tsp

cilantro leaves raw, coriander  
1/2 Cup(s)

extra virgin olive oil  
2 Tbsp

## Nutrition Totals

**Calories 607 / Carbs 71 g / Protein 15 g / Fat 35 g / Fluid 32 fl oz**

## Instructions

1. Preheat oven to 450 degrees F.
2. Place eggplant on a medium baking sheet covered with foil. Bake whole eggplant for 30 minutes, or until tender. Allow to cool and then peel and dice into medium size chunks.
3. In a medium sized saucepan, add oil and heat over medium heat. Add in onions, garlic, ginger and cumin. Cook and stir until onion is tender.
4. Add curry powder and diced tomato to the saucepan, and cook about 1 minute
5. Stir in yogurt and diced jalapeno pepper, and season with a pinch of kosher salt.
6. Cook 10 minutes over high heat, stirring constantly.
7. Reduce heat to low and simmer for 5 minutes. Garnish with cilantro prior to serving.



# Nutrition Label

<b>Indian Eggplant Curry</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>304</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 17.3g	<b>27%</b>
Saturated Fat 3.4g	<b>17%</b>
Trans Fat 0g	
<b>Cholesterol</b> 7.9mg	<b>3%</b>
<b>Sodium</b> 66.3mg	<b>3%</b>
<b>Total Carbohydrates</b> 35.7g	<b>12%</b>
Dietary Fiber 12.2g	<b>49%</b>
Total Sugar 19.2g	
<b>Protein</b> 7.4g	
<b>Vitamin D</b> 1.2IU	<b>0%</b>
<b>Calcium</b> 148.6mg	<b>15%</b>
<b>Iron</b> 1.5mg	<b>9%</b>
<b>Potassium</b> 1111.6mg	

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4 Servings

# breakfast stuffed peppers

## Ingredients

red peppers  
2 medium

egg  
4 egg

mushrooms  
1/2 cup

onions  
1/2 medium

garlic  
2 clove

fresh spinach  
2 Cup(s)

tomatoes  
1 medium

extra virgin olive oil  
1 Tbsp

kosher salt  
1/8 tsp

black pepper  
1/4 tsp

cheese swiss  
2 oz

## Nutrition Totals

**Calories 757 / Carbs 38 g / Protein 47 g / Fat 51 g / Fluid 15 fl oz**

## Instructions

1. Preheat your oven to 375 degrees F.
2. Add olive oil to a medium sized skillet placed over a medium-heat.
3. Sauté onions and garlic until tender. Add in mushrooms, tomatoes and spinach. Cook until spinach is wilted.
4. Season to taste with salt and pepper. Turn off heat and set aside.
5. Cut two bell peppers in half and remove core/seeds. Place on baking sheet covered with foil.
6. In a small bowl whisk the 4 eggs until well beaten.
7. Divide the vegetable mixture equally among the bell pepper halves. Top each bell pepper with 1/4 of the beaten eggs.
8. Place the stuffed peppers in the oven and bake for 30 minutes. 9. Remove from oven and top each pepper with 0.5 oz of Swiss cheese. Place back in the oven for 10 minutes, or until cheese is melted and eggs are cooked through.



# Nutrition Label

<b>Breakfast Stuffed Peppers</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>189</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12.7g	<b>20%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 13mg	<b>4%</b>
<b>Sodium</b> 51.2mg	<b>2%</b>
<b>Total Carbohydrates</b> 9.4g	<b>3%</b>
Dietary Fiber 3.7g	<b>15%</b>
Total Sugar 4.2g	
<b>Protein</b> 11.7g	
<b>Vitamin D</b> 3.4IU	<b>1%</b>
<b>Calcium</b> 141mg	<b>14%</b>
<b>Iron</b> 1.8mg	<b>10%</b>
<b>Potassium</b> 264.9mg	

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4 Servings

# roasted beet and chickpea salad

## Ingredients

beets  
3 Beet

garlic  
2 clove

rosemary  
2 tsp

extra virgin olive oil  
2 Tbsp

kosher salt  
1/8 tsp

black pepper  
1/4 tsp

chickpeas, canned, drained  
8 oz

onions  
1 medium

lemon juice  
2 Tbsp

queso cotija  
1/8 Cup(s)

cilantro leaves raw, coriander  
1/2 Cup(s)

## Nutrition Totals

**Calories 834 / Carbs 304 g / Protein 28 g / Fat 44 g / Fluid 17 fl oz**

## Instructions

1. Preheat oven to 350 degrees F.
2. Place whole beets, garlic and rosemary on a large piece of foil. Drizzle with 1 tablespoon of the olive oil and half of salt and pepper.
3. Fold the foil up into a pouch and thoroughly seal all of the edges. Place in preheated oven.
4. Bake beets for ~45 minutes, or until beets are fork tender.
5. Remove beets from oven and allow them to cool.
6. Use a paper towel to remove beet peel. Cut the peeled beets into bite-size pieces. Mince the roasted garlic that was baked with the beets.
7. In a medium bowl, combine the beets, garlic, drained chickpeas, diced red onion, lemon juice and remaining salt, pepper and olive oil. Toss gently.
8. Garnish with cotija cheese and cilantro prior to serving.



# Nutrition Label

<b>Roasted Beet And Chickpea Salad</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>209</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 2.4g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 7.5mg	<b>3%</b>
<b>Sodium</b> 305.3mg	<b>13%</b>
<b>Total Carbohydrates</b> 75.8g	<b>25%</b>
Dietary Fiber 5.9g	<b>24%</b>
Total Sugar 7.8g	
<b>Protein</b> 6.9g	
<b>Vitamin D</b> 1.5IU	<b>0%</b>
<b>Calcium</b> 106.8mg	<b>11%</b>
<b>Iron</b> 1.2mg	<b>7%</b>
<b>Potassium</b> 341mg	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Shopping List

## Accompaniments

kosher salt  
0.46 tsp  
salsa, ready to serve  
0.5 Cup(s)

## Beef

ground beef, lean  
4 oz

## Beverages

black tea brewed  
6 Cup(s)  
drinking water  
52 Cup(s)  
iced tea, green  
12 Cup(s)

## Bread

sunflower flax bread  
9.25 slice  
whole grain tortillas  
6 tortilla

## Cereal & Grain Products

basmati rice, cooked  
5 Cup(s)  
buckwheat groats, cooked  
4 Cup(s)

## Dairy & Egg

egg  
4 egg  
egg, hard boiled  
4 large  
plain greek yogurt, nonfat  
35 oz  
plain yogurt, whole milk



0.88 Cup(s)  
provolone cheese  
3 oz  
whole eggs, scrambled  
2 large

### Fats & Oils

extra virgin olive oil  
21 Tbsp

### Finfish & Shellfish

atlantic herring, cooked  
3 oz  
cod fish, cooked  
9 oz  
salmon, cooked  
4 oz  
shrimp, cooked  
3 oz  
tuna fish, very low-sodium, in water  
6 oz

### Fruits & Juices

avocados  
0.5 avocado  
blueberries  
6 Cup(s)  
grapes  
6 oz  
lemon juice  
4 Tbsp  
nectarines  
3 fruit  
oranges  
7 fruit  
pears  
8 large

### Legumes & Beans

black beans, no salt, boiled  
0.25 Cup(s)  
black eyed peas  
3 Cup(s)  
chickpeas, canned, drained



8 oz  
edamame soybeans, shelled  
4.25 Cup(s)

## Nuts & Seeds

almonds  
1 oz  
chunky peanut butter, no salt  
4.5 Tbsp  
walnuts  
6 oz

## Poultry

chicken breast, boneless skinless  
23 oz

## Snacks

blue corn tortilla chips, no salt  
1 oz  
brown rice crackers, no salt  
40 crackers

## Spices & Herbs

black pepper  
0.65 tsp  
cayenne pepper  
0.13 tsp  
cumin ground  
2.25 tsp  
curry powder  
3.5 tsp  
garlic powder  
0.25 tsp  
oregano, dried  
0.25 tsp  
rosemary  
2 tsp  
salt  
0.25 tsp

## Uncategorized

cheese swiss



6 oz  
queso cotija  
0.12 Cup(s)  
seeds chia dried  
2 oz

## Vegetables

beets  
1 Cup(s)  
3 Beet  
brussels sprouts, no salt, boiled  
5 Cup(s)  
cilantro leaves raw, coriander  
1.38 Cup(s)  
eggplant  
1.75 eggplant  
fresh spinach  
2 Cup(s)  
garlic  
8.5 clove  
ginger root  
3.5 Tbsp  
jalapeno peppers  
1.75 pepper  
mushrooms  
1.5 cup  
onions  
5 medium  
red peppers  
4 medium  
romaine lettuce  
9 Cup(s)  
spinach, no salt, boiled  
1 Cup(s)  
sweet potato, no salt, baked  
5 Cup(s)  
tomatoes  
7.38 cup  
2.75 medium

## Vegetarian Products

tempeh  
7 oz